

## **THE FABULOUS 50'S**

Join us at the senior center on Thursday, June 23<sup>rd</sup> at 10:00 a.m. for "The Fabulous Fifties," a festive look back at the great songs of the 1950's, ushering in the boomer generation and doo-wop. Linda Poland and Alan Pearlmutter will be here to help us recall the post war years, the growth of suburbia, the hula hoop, the music of Elvis Presley and early rock and roll. This program is made possible thanks to the sponsorship of the Friends of Foxborough Seniors. Call the senior center at 508-543-1252 to sign up in advance for "The Fabulous Fifties" program and take a trip with us down this musical memory lane.

### **Monday, June 6**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Book Club 11:00 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Video Rewind 2:30 p.m.

### **Tuesday, June 7**

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Table Top Garden Club 9:45 a.m.

Zumba Gold Class 9:45 a.m.

SHINE by appointment 10:00 a.m.

Nutrition 11:00 a.m.

Bingo 1:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, June 8**

Leave for Trip for Samson Tour 6:30 a.m.

Coffee Connection 8:30 a.m. to 6:00 p.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Fathers' Day Luncheon 12:00 noon

NO Minds in Motion

Job Lot / Dollar Store 1:00 p.m.

Colorist Club 2:00 p.m.

History Lecture with Paolo DiGregorio 4:30 p.m.

### **Thursday, June 9**

Art Class with Barbara Mulford 9:30 a.m.

Diabetes Self-Management 12:00 noon

### **Friday, June 10**

Coffee Connection 8:30 a.m. to 12:00 noon

Stop and Shop 8:30 a.m.

Aerobics 9:00 a.m.

Cribbage 10:15 a.m.

NO Scrapbooking or Card-Making Class

## **SPRING INTO SCHOOLS!**

The Foxborough Public School system has extended a "Spring into Schools" invitation to seniors to join Foxborough's Grade 6 students at the Ahern Middle School for STEM Day on Friday, June 10<sup>th</sup> from 8:00 a.m.

to noon. STEM stands for Science, Technology, Engineering and Mathematics. At the Ahern, you'll have the chance to experience your choice of 3 of the following programs: Sessions on Squishy Circuits, Tower Building, Fingerprinting, Robotics, Google Glasses, Woodworking, 3-D Printing, Bridge Building, Build a Team, Programming, Balance Act, Horns and Hooves (with the Franklin Park Zoo) and more! A school bus will pick up all interested seniors at the senior center at 8:00 a.m. on June 10<sup>th</sup>. At 8:15 a.m., the bus will arrive at the Ahern Middle School for a "Welcome" Introduction, and a keynote speaker from Raytheon. Seniors will then be given the opportunity to choose 3 of the activity sessions, and Student Ambassadors will be available to escort seniors to each session. Session 1 runs from 9:00 to 9:35 a.m.; Session 2 runs from 9:40 to 10:20 a.m., and; Session 3 runs from 10:25 to 11:10 a.m. At 11:15 a.m., everyone will be treated to a light lunch at the Ahern, and you will be returning to the senior center at noon. If you'd like to join us as we "Spring into Schools," please call the senior center at 508-543-1252 to sign up in advance for this event.

### **FATHERS' DAY LUNCHEON**

Come and celebrate Fathers' Day with us here at the senior center on Wednesday, June 8<sup>th</sup> from noon to 1:00 p.m. at our Fathers' Day Luncheon. This is a free luncheon thanks to donations made to the Council on Aging and Human Services in honor of all the fathers and grandfathers of Foxborough. All men are welcome and are invited to treat themselves to a delicious lunch catered by Chickie Flynn's Restaurant. This is the time to celebrate fatherhood and think about your own dad. If you're interested in joining us, please call the senior center at 508-543-1252 by Friday, June 3<sup>rd</sup> to reserve your spot.

### **BINGO – BRING A FRIEND – ALL ARE WELCOME**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Bring a friend. Seniors from surrounding towns are welcome! Our next Bingo afternoon will be on Tuesday, June 7<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

### **ART CLASSES WITH BARBARA**

Join us at the senior center for a new art class with Barbara Gage-Mulford. Barbara will be at the senior center on Thursday, June 9<sup>th</sup> at 9:30 a.m. to lead us in a fun and instructional art class. All materials will be provided. Just bring yourself and your enthusiasm! This stress-free class is great for beginners and also as a refresher course for those who are more experienced. Please give us a call at 508-543-1252 to sign up in advance and we'll save you a seat.

### **CIVIL WAR LECTURE SERIES WITH PAOLO DIGREGORIO**

"Artifactual Scholar" Paolo DiGregorio will be at the senior center at 4:30 p.m. on the following Wednesdays in June: June 8<sup>th</sup> and 15<sup>th</sup>. Paolo will be here to present the second of a 3-part series of lectures on the Civil War. The topic for June 8<sup>th</sup> will be "Emancipation and Dedication: Lincoln and the Changing War, 1863." This lecture series is sponsored by the Friends of Foxborough Seniors. Please call the senior center at 508-543-1252 to sign up and reserve your seat.

### **MEN'S COOKOUT**

Our first Men's Cookout of the year will be held on Thursday, June 30<sup>th</sup> at noon. Following lunch, the Friends of Foxborough Seniors will be sponsoring our guest speaker, historian Paolo DiGregorio, and the topic of his program will be "Independence Day." The cost for the cookout is \$3 and if you would like to attend, please call the senior center at 508-543-1252 by Friday, June 24<sup>th</sup>. As always, everyone is welcome to join us for the speaking portion of the program at no cost after lunch has been served.

### **TABLE TOP GARDEN CLUB**

Summer is on the way. Our Senior Center Table Top Garden Club, under the direction of Marsha Lewicke, is meeting again at the senior on Tuesday, June 7<sup>th</sup> at 9:45 a.m. We have beautiful table-top gardens outside at the senior center. This is a great opportunity for you to get some gardening experience with friends. Everyone is

welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warm weather.

### **CLASSIC MOVIE DAY**

Classic Movie Day for the month of June is scheduled for Tuesday, June 14th at 12:30 p.m. and our featured film will be "Funny Face." Fred Astaire stars as fashion photographer Dick Avery who is sent out by his boss to find a "new face." It doesn't take Dick long to discover Jo (Audrey Hepburn – who does her own singing), an owl-like Greenwich Village bookstore clerk. Dick whisks the wide-eyed girl off to Paris and transforms her into the fashion world's hottest model. Then, along the way, Dick falls in love with Jo. Come join us at the senior center to watch this classic film. We'll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you'd like to sign up.

### **SENIOR SUPPER CLUB**

Are you tired of eating supper alone? You are invited to join our Senior Supper Club on one Wednesday each month. Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, June 22<sup>nd</sup> we'll be enjoying our menu of French Bread Pizza, Three Bean Salad and Dessert. The event starts at 4:30 p.m. with supper to be served by 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 by Monday, May 23<sup>rd</sup> to make your reservation and to arrange for transportation, if needed.

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On June 8<sup>th</sup> & 9<sup>th</sup> the featured program will be the "Food For Life, Part 2" program. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

### **MEDICAL INFORMATION AND SERVICES**

#### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for June 7<sup>th</sup> and 16<sup>th</sup>. In addition to the SHINE program, Community Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

### **PODIATRIST**

Dr. Willinsky, Board certified by the American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of every other month at 12:00 noon. Dr. Willinsky's next visit to the senior center has been scheduled for Monday, June 6<sup>th</sup>. Clients are seen on a first come first serve basis. The cost to see Dr. Willinsky is \$20 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation to the senior center, so please call 508-543-1252 to set up an appointment for a ride.

### **REGULARLY SCHEDULED**

#### **TRIAD**

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens

and to enhance their awareness of support service. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors and help improve the quality of life of all citizens, especially seniors. TRIAD is a senior citizen run and directed group, and currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, June 15<sup>th</sup> at 1:00 p.m. Everyone is welcome to attend these informational services.

### **ZUMBA GOLD CLASSES**

It's time to start getting ourselves moving as we get ready for summer. Come and learn some Latin dance moves with us and we'll have some fun getting in shape. Zumba is an exercise program inspired by Latin dance as it combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to work out, and prepare to leave empowered and feeling strong. Zumba Gold classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. If you're looking for a modified Zumba class that recreates original Zumba moves but at a lower intensity, then come join us at our Zumba Gold classes at the senior center on Tuesday mornings from 9:45 to 10:45 a.m. Learn some Latin dance moves with our instructor Biliانا "BB" Mileva, and have some fun while getting in shape. There is a \$2 charge for each class.

### **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on a Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:  
June 8 – Job Lot / Dollar Store  
June 15 – Walmart

### **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels. There is a \$2 charge for each class. Come and give it a try!

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

### **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to dine at the mealsite, please give Marcia at least two days notice by calling 508-698-0754.**

**The suggested donation for a meal is \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

**Monday, June 6**

Mac & Cheese 403  
Escalloped Tomatoes 143  
Fruit Muffin 78  
Tropical Fruit 10  
Sodium 634  
Calories 647

**Tuesday, June 7**

Beef/Lentil Chili 245  
Brown Rice 36  
Snowflake Roll 160  
Mandarin Oranges 6  
Sodium 447  
Calories 519

**Wednesday, June 8**

Roast Chicken 320  
Herb Sauce  
O'Brien Potato 76  
Broccoli 12  
Whole Wheat Bread 117  
Hermit Cookie 108  
Sodium 633  
Calories 476

**Thursday, June 9**

Sausage with Pepper & Onion 520  
Italian Pasta 3  
Tossed Salad with Dressing  
Sub Roll 162  
Mixed Fruit 10  
Sodium 695  
Calories 479

**Friday, June 10**

Salmon with 77  
Lemon Vinaigrette  
Potato with Chives 63  
Tarragon Carrots 17  
Multigrain Bread 190  
Applesauce 6  
Sodium 353  
Calories 568